

# FOOD GUIDE PYRAMID

## For Young Children

A Daily Guide for  
4- to 6-Year-Olds



## What Counts As One Serving?

### Grains

1 slice bread or tortilla  
 $\frac{1}{2}$  cup rice or pasta  
 $\frac{1}{2}$  cup cooked cereal  
 $\frac{1}{3}$   $\frac{3}{4}$  cup dry cereal  
 3 to 4 crackers

### Vegetables

$\frac{1}{2}$  cup raw vegetables  
 $\frac{1}{2}$  cup cooked vegetables

### Fruits

$\frac{3}{4}$  cup fruit juice  
 1 small fruit or  $\frac{1}{2}$  cup

### Milk

1 cup milk or yogurt  
 $1 \frac{1}{2}$  oz. cheese  
 $1 \frac{1}{2}$  cup ice cream  
 1 cup frozen yogurt

### Meat

2 oz. meat, poultry, or fish  
 2 eggs  
 1 cup cooked beans or peas  
 4 Tbsp. peanut butter

Your child may need more servings than the general recommendations. **Ask your nutritionist what number of servings is right for your child.**

